

FORGING THE FUTURE:



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Friday FACTS

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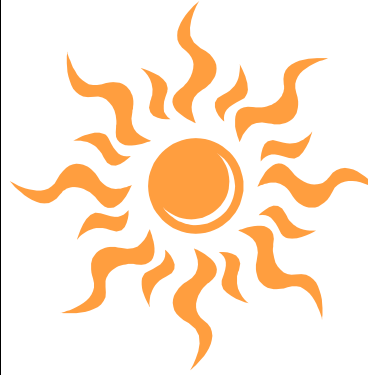
17 August 2001

"Leadership, Partnership, and Championship"

ShipShape Facilitators...



For those of you who have had students complete the ShipShape program, please complete the Group Summary Report Attachment E from the ShipShape Facilitator Manual) after the completion of each 10-week program. If you offered your first program at least six months ago, please don't forget to send out the 6-month Follow-up Surveys (Attachment F), and also complete the 6-Month Summary Report (Attachment G) after the surveys have been returned. These reports are vital for evaluating the program. If you should have any questions, please contact Lynn Kistler, ShipShape Coordinator, 757-462-5439, DSN 253, kistlerl@nehc.med.navy.mil.



Hot weather demands respect: Stay cool and safe

Summer sun means summer fun — and sometimes summer hazards.

Tips to beat the heat:

1. **Stay out of the sun.**
Avoid going outside during the hottest part of the day, noon to 4 p.m.
2. **Limit activity.** Reserve vigorous exercise or activities for early morning or evening.
3. **Dress properly.** Wear light-colored, lightweight, loose-fitting clothing that breathes.
4. **Drink lots of fluids.** Be sure to drink plenty of water, and avoid alcohol and caffeine.
5. **Avoid hot and heavy meals.**

Salutogenesis

The sociologist Aaron Antonovsky developed the concept of salutogenesis. The word *salus* is from Latin which means health and *genos* is Greek which means origin.

Salutogenesis is everything that helps to gain and to maintain physical and psychological health. Salutogenesis is the opposite of pathogenesis. In Health Promotion we promote salutogenesis!

Living with hay fever

Spring, summer and fall are especially troublesome seasons for some people with hay fever. Allergy symptoms generally are triggered by pollen released from blooming plants. Tree pollen is common in the spring, grass pollen is common in the summer, and weed pollen is common in the fall.

As the summer winds down, fall becomes the peak season for more than 60 different species of ragweed found in the United States and Canada. Ragweed affects about 75 percent of those who suffer from allergies. An estimated 35 million Americans have hay fever in the United States.

For additional information visit: <http://www.mayoclinic.com/home?id=AA00025>

"The rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher."

**- Thomas Henry Huxley
Life and Letters of Thomas Huxley**